



Flag Football

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CITY OF FORT WORTH YOUTH FLAG FOOTBALL RULES

I. General Information

- A. **Game time is forfeit time** unless there are unavoidable circumstances. Only the league administrators will determine what constitutes unavoidable circumstances.
- B. If a team does not show up to play, a team playing the preceding game may be asked to stay and play a courtesy game. This will be a non-division game. A team missing two games will be dropped from the league.
- C. **Blood Rule:** No one will be allowed to continue in any game with blood flowing in any manner. Time will be stopped for five minutes to attempt to stop the bleeding if there is no substitute available. If after five minutes the bleeding cannot be controlled, the player must leave the game and the team will play short-handed unless they do not meet the minimum players on field rule, at that time the game will be called a forfeit.
- D. Only one head coach and two assistant coaches are allowed to occupy the players' bench during games. A coach is allowed to stand as a privilege. However, once a coach violates this privilege by interfering with an official's duty in any manner, such privilege will be revoked and both the head and assistant coaches will remain seated for the remainder of the game.
- E. All coaches are recommended to become NYSCA certified, but only one coach per team is **REQUIRED** to become certified by the start of the season. The Athletics Section of City of Fort Worth will offer classes for coach's certification throughout the year. Please contact 392-7690 for dates and times.
- F. All participants must have the opportunity to play both offence AND defense and must play a minimum of one complete and continuous quarter. It will be the responsibility of the coach to ensure that all players are checked in at the scorer's table prior to each game. Any coach who violates the "must play" rule will forfeit the game in question and be suspended a **minimum** one game as determined by the Athletic Coordinator.

II. League Play

- A. Age divisions will be 6U, 8U, and 10U/12U combined.
- B. No more than 10 persons may be on the roster at one time.
- C. Players must check in with the Site Monitor at their Field before game time.
- D. Only individuals with a completed Criminal Background Check on file with the Youth Athletics program (YAP) will be allowed to enter or occupy the bench area during games. No one else will be allowed.
- E. ****Standings will not be kept for league play****

III. Equipment and Uniforms

- A. Practice equipment will be provided upon request. Equipment must be returned in good condition at the last game of the season or the Coach's CLASS account will be frozen and they will not be permitted to use any PACS facility or service until the equipment is either returned or replaced to the satisfaction of the Athletic Coordinator for the Youth Athletics Program.
- B. Game balls will be supplied at each game.
- C. Coaches must wear their City issued Volunteer Coach's shirt during all games.
- D. Each player is required to wear their City issued jersey during league play. The City issued uniform may not be altered (no names on the back, sleeves removed, etc.).
- E. Bottoms may not have pockets or belt loops.
- F. Athletic shoes must be worn. Molded rubber cleats are acceptable (no metal).
- G. NO Jewelry may be worn at any time during league play.
- H. No hair beads will be permitted.

IV. Rules and Regulations

		6 & Under	8 & Under	10U/12U Combined
Field Dimensions		60yds x 25yds	60yds x 25yds	60yds x 25yds
Extra Point		1 point (5y line) 2 points (10y line)	1 point (5y line) 2 points (10y line)	1 point (5y line) 2 points (10y line)
Game Length		4-9 min. quarters	4-9 min. quarters	4-10min. quarters
Ball Size		Pee-Wee	Pee-Wee	Junior
Downs for first down and to score		4 downs to cross mid-field and 4 downs to score	3 downs to cross mid-field and 4 downs to score	3 downs to cross mid-field and 3 downs to score
Roster/Playing Minimum and Maximum		Roster Min: 8	Roster Min: 8	Roster Min: 8
		Roster Max: 10	Roster Max: 10	Roster Max: 10
		On Field Min: 4	On Field Min: 4	On Field Min: 4
		On Field Max: 5	On Field Max: 5	On Field Max: 5

Game

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
2. The winner of the coin toss gets first offensive possession. The loser of the coin toss chooses the end zone it would prefer to defend. Teams may not choose to defer to second half choice.
3. The offensive team takes possession of the ball at its 5-yard line and has four (6U) or three (8U & 10/12U) plays to cross midfield. Once a team crosses midfield, it has four (6U) or three (8U & 10/12U) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the loser of the coin toss.

Terminology

- **Boundary lines** – the outer perimeter lines around the field. They include the sidelines, and the rear end zone lines.
- **Line Of Scrimmage** – an imaginary line running through the point of the football and across the width of the field.
- **Line-To-Gain** – the line the offense must pass to get a first down or score.
- **Rush Line** – an imaginary line running across the width of the field 7 yards (into the defensive side) .from the Line of Scrimmage.
- **Offense** – the squad with possession of the ball.
- **Defense** – the squad opposing the offense to prevent them from advancing the ball.
- **Passer** – the offensive player that throws the ball and may or may not be the QB.
- **Rusher** – the defensive player assigned to rush the Quarterback to prevent him/her from passing .by pulling his/her flags or blocking the pass.
- **Live Ball** – the period of time that the play is in action. Generally used in regards to penalties, Live Ball Penalties are considered part of the play and must be enforced before the down is considered complete.
- **Dead Ball** – the period of time immediately before or after a play.
- **Whistle** – the sound made by an official using a whistle that signifies the end of the play or a stop in the .action for timeout, half time or the end of the game.

- **Inadvertent whistle** – an official's whistle that is performed in error.
- **Charging** – the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, chest or forearm.
- **Flag Guarding** – an act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm.
- **Shovel Pass** – a legal pass attempted behind the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
- **Lateral** – a backwards or sideways toss of the ball by the ball carrier.

Equipment

1. The League provides each team with flag belts and footballs. All equipment must be signed for and turned back in directly after the last game. Should the coach not return the equipment or return the equipment in acceptable condition, that coach's CLASS account will be frozen and they will not be permitted to use PACS facilities or participate in PACS programs.
2. Game balls will be provided.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
4. Players' jerseys must be tucked into the pants.

Field

1. The field size is 60 yards by 25 yards with two 5-yard end zones and a midfield line-to-gain. No-Running Zones precede each line-to-gain by 5 yards. However, some league organizers prefer to use smaller fields to run more games per football/soccer field.
2. No Run Zones are in place to prevent teams from conducting power run plays. While in the No Run Zones (a 5 yard zone before midfield and before the endzone), teams may not run the ball in any fashion. All plays, including those that begin with a handoff, must be pass plays (not applicable to 6U). Each offensive squad approaches only TWO No Run Zones in each drive (one zone 5 yards from midfield to gain the first down, one zone 5 yards from the goal line to score a TD).
3. Stepping on the boundary line is considered out of bounds.

Timing

1. Games are played on a continuous clock. The clock stops only for timeouts. Each game will consist of 4-10 minute quarters with a 1 minute break between the 1st and 2nd quarter and the 3rd and 4th quarter. Halftime will be 5 minutes.
2. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has one 60-second time out per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
7. If the score is tied at the end of regulation time, the game will be determined a tie.

Scoring

1. Touchdown: **6 points**
2. PAT (Point After Touchdown) **1 point** (5-yard line) or **2 points** (10-yard line) .*Note: 1 point PAT is pass only, 2 point PAT can be run or pass.*
3. Safety: **2 points**
 - a. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone.
4. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. Interceptions on conversions can not be returned.
5. Mercy Rule: After one team is winning by 4 touchdowns, the losing team gets one offensive series to continue regulation play. If they do not score, the game goes into scrimmage mode playing up to the fifteen minute mark in the second half if time allows. After the fifteen minute mark, the game is over.

Coaches

1. Coaches are allowed on the field to direct players according to need and bracket. Coaches must move to the sidelines before the snap of the ball for 8U and 10/12U. Coaches may remain on the field on their team's side of the ball in the 6U division.
2. Only three coaches per team are allowed on the sidelines.

Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back beyond the line.
3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled "dead" when:
 - a. The ball hits the ground.
 - b. The ball carrier's flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball carrier's knee or arm hits the ground.
 - f. The ball carrier's flag falls out.
 - g. The receiver catches the ball while in possession of one flag.
 - h. The 7 second pass clock expires.
 - i. An inadvertent whistle is performed (at the spot where the ball was whistled dead).
8. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where the whistle blew.
 - b. Replay the down from the original line of scrimmage.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.
9. A team is allowed to use a time out to question an official's rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will be charged a time out.

Running

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.
2. The quarterback cannot directly run with the ball.
3. Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
4. Pitches in the backfield are allowed. Once the ball carrier crosses the line of scrimmage, he may not pitch or lateral the ball.

5. "No-Run Zones," located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones IF the subsequent line is LIVE. (Reminder: Each offensive squad approaches only TWO No Run Zones in each drive - one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a TD 5 yards). NOT APPLICABLE TO THE 6U DIVISION
6. The player who takes the handoff or pitch can throw the ball from behind the line of scrimmage.
7. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding.
9. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
10. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
11. No blocking or "screening" is allowed at any time.
12. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
13. Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

Passing

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
2. Shovel passes are allowed, but must be received beyond the line of scrimmage.
3. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect.
 - a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.

3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
6. Interceptions are returnable, but not on conversions after touchdowns.

Rushing the Passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

a. A legal rush is:

- i. Any rush from a point 7 yards from the defensive line of scrimmage.
- ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
- iii. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.
- iv. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.

b. A penalty may be called if:

- i. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – Illegal Rush (5 yards LOS and first down).
- ii. Any defensive player crosses the line of scrimmage before the ball is snapped – Offsides (5 yards LOS and first down).
- iii. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed – Illegal Rush (5 yards LOS and first down).

c. Special circumstances:

- i. Teams are not required to rush the quarterback, seven second clock in effect.

- ii. Teams are not required to identify their rusher before the play, however if they do send a rusher, the rusher must check in with the official.
 - iii. If rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.
- 4. Players rushing the Quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way.
- 5. Offense cannot impede the rusher in any way. The rusher has a CLEAR PATH to the QB and any interference that would impede his/her path to the QB will be considered screening. The defense may attempt to block a pass provided they do not strike the passer.
- 6. Blocking the pass and then striking the passer will result in a 10-yard penalty.
- 7. A Sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled.
 - a. A Safety is awarded if the sack takes place in the offensive team's end zone.

Flag Pulling

- 1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
- 2. Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.
- 3. It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
- 4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- 5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- 6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

Formations

- 1. An offensive team must have a minimum of one player on the line of scrimmage (the Center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard beyond and parallel to the line of scrimmage.
 - b. No motion is allowed towards the line of scrimmage.
- 2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.

3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

Unsportsmanlike Conduct

1. If the site monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. .No appeals! FOUL PLAY WILL NOT BE TOLERATED.

2. Ball carriers MUST make an effort to avoid defenders with an established position.

3. Defenders are not allowed to run through the ball carrier when pulling flags.

Penalties

General:

1. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).

2. Games cannot end on a defensive penalty, unless the offense declines it.

3. Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered completed.

4. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

5 Yard Penalties

- Illegal Equipment
- Offside
- Illegal motion (more than one person moving, false start, etc.)
- Illegal forward pass (pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage)
- Offensive pass interference (illegal pick play, pushing off/away defender)
- Screening, Blocking or Running with the ball carrier
- Delay of game
- Defense Illegal contact (holding, blocking, etc.)
- Defense Illegal flag pull (before receiver has ball)
- Defense Illegal rushing (starting rush from inside 7-yard marker)

10 Yard Penalties

- Roughing the passer
- Taunting
- Unsportsmanlike conduct.

-After scoring and touchdown is good, offense receives a 10 yard penalty from the yard line of PAT attempt after touchdown(one warning to the player and team before ejection)

Spot Fouls

- Flag guarding-10 yards & loss of down
- Charging-10 yards & loss of down
- Defensive Pass Interference-first down
- Stripping-10 yards & first down
- Offensive Unnecessary Roughness-10 yards & loss of down
- Screening, Blocking or Running with the ball carrier-5 yards & loss of down
- Defensive Unnecessary Roughness-10 yards & first down

Defense

- Offside-5 yards from the LOS & automatic first down
- Illegal contact (Holding, blocking, etc.)-5 yards from the LOS & automatic first down
- Illegal flag pull (Before receiver has ball)-5 yards from the LOS & automatic first down
- Illegal rushing (Starting rush from inside 7-yard marker)-5 yards from the LOS & automatic first down
- Roughing the passer -10 yards from the LOS & first down
- Taunting -10 yards from the LOS & first down
- Unnecessary Roughness-Spot foul, 10 yards & first down
- Stripping-Spot foul, 10 yards & first down
- Defensive Pass Interference-Spot foul & first down

Offense

- Illegal motion (More than one person moving, false start, etc.)-5 yards from the LOS & loss of down
- Illegal forward pass (Pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage-5 yards from the LOS & loss of down
- Offensive pass interference (Illegal pick play, pushing off/away defender) -5 yards from the LOS & loss of down
- Flag guarding-Spot foul, 10 yards & loss of down
- Screening, Blocking or Running with the ball carrier-Spot foul, 5 yards & loss of down
- Charging-.Spot foul, 10 yards & loss of down
- Delay of game-5 yards from the LOS & loss of down
- Offensive Unnecessary Roughness-Spot foul, 10 yards & loss of down
- Offside-5 yards from the LOS & loss of down

V. OFFICIALS

- A. Officials shall have complete authority over the game, players, coaches and spectators. They may expel any player, coach or spectator for indecent language, unsportsmanlike conduct, or any infraction of the rules. Refusal of expelled player, coach or spectator to leave the facility, including parking areas, will constitute a forfeit.
- B. Only league administrators will be allowed to interpret any rule from the time a game begins, until the time it ends. They may enforce any and all rules regarding the conduct of coaches, players, parents and spectators contained herein.
- C. Officials will wear distinctive uniforms, and are required to carry a copy of the City of Fort Worth Youth Athletics Program by-laws and rulebook, as well as a copy of little league rules.
- D. Officials will be responsible for inspecting playing field/court surface irregularities and sideline hazards prior to the game, and reporting those hazards to the Youth Athletics Staff. Officials will also check game equipment to determine if it is acceptable.
- E. Officials are instructed to discuss matters in question only with the Head Coach or a League Administrator.
- F. Officials shall be the official timekeepers in games that do not have a game clock.
- G. Officials will officiate **all scrimmages and forfeits** as if it was a regular game and will not be held responsible for any injuries that result from such games.

VI. RESCHEDULING POLICY

- A. All games will be played as scheduled. Games will only be rescheduled under cases of inclement weather or unforeseen circumstances. Such decisions on game status will be determined by the league administrator.
- B. In case of inclement weather, call **817-392-7690** after **4:00pm** on **weekdays** and after **8:00am** on **Saturdays**.

CODE OF ETHICS

COACHES

I WILL...

PLACE THE EMOTIONAL AND PHYSICAL WELL-BEING OF MY PLAYERS AHEAD OF A PERSONAL DESIRE TO WIN.

TREAT EACH PLAYER AS AN INDIVIDUAL, REMEMBERING THE LARGE RANGE OF EMOTIONAL AND PHYSICAL DEVELOPMENT FOR THE SAME AGE GROUP.

DO MY BEST TO PROVIDE A SAFE PLAYING SITUATION FOR MY PLAYERS.

PROMISE TO REVIEW AND PRACTICE BASIC FIRST AID PRINCIPLES NEEDED TO TREAT INJURIES OF MY PLAYERS.

DO MY BEST TO ORGANIZE PRACTICES THAT ARE FUN AND CHALLENGING FOR ALL MY PLAYERS.

LEAD BY EXAMPLE AND DEMONSTRATE FAIR PLAY AND SPORTSMANSHIP TO ALL MY PLAYERS.

BE KNOWLEDGEABLE IN THE RULES OF EACH SPORT THAT I COACH, AND **TEACH** THESE RULES TO MY PLAYERS.

REMEMBER THAT I AM A YOUTH SPORTS COACH AND THE GAME IS FOR CHILDREN - NOT ADULTS.

ENCOURAGE GOOD SPORTSMANSHIP FROM FELLOW PLAYERS, COACHES, OFFICIALS, AND PARENTS AT EVERY GAME AND PRACTICE BY DEMONSTRATING GOOD SPORTSMANSHIP.

TREAT MY COACHES, OTHER PLAYERS, OFFICIALS AND FANS WITH RESPECT REGARDLESS OF RACE, SEX, CREED, OR ABILITIES AND **EXPECT** TO BE TREATED ACCORDINGLY.

PLAYERS

I WILL...

ENCOURAGE GOOD SPORTSMANSHIP FROM FELLOW PLAYERS, COACHES, OFFICIALS, AND PARENTS AT EVERY GAME AND PRACTICE BY DEMONSTRATING GOOD SPORTSMANSHIP.

ATTEND EVERY PRACTICE AND GAME THAT I CAN, AND WILL NOTIFY MY COACH IF I CANNOT.

EXPECT TO RECEIVE A FAIR AND EQUAL AMOUNT OF PLAYING TIME.

DO MY VERY BEST TO LISTEN AND LEARN FROM MY COACHES.

TREAT MY COACHES, OTHER PLAYERS, OFFICIALS AND FANS WITH RESPECT REGARDLESS OF RACE, SEX, CREED, OR ABILITIES AND **EXPECT** TO BE TREATED ACCORDINGLY.

I DESERVE TO HAVE FUN DURING MY SPORTS EXPERIENCE AND WILL ALERT PARENTS OR COACHES IF IT STOPS BEING FUN.

I DESERVE TO PLAY IN AN ENVIRONMENT THAT IS FREE FROM DRUGS, TOBACCO, AND ALCOHOL AND **EXPECT** ADULTS TO REFRAIN FROM THEIR USE AT ALL YOUTH SPORTS EVENTS.

ENCOURAGE MY PARENTS TO BE INVOLVED WITH MY TEAM IN SOME CAPACITY BECAUSE IT IS IMPORTANT TO ME.

DO MY VERY BEST IN SCHOOL.

REMEMBER THAT SPORTS IS AN OPPORTUNITY TO LEARN AND HAVE FUN.

PARENTS

I WILL...

ENCOURAGE GOOD SPORTSMANSHIP BY DEMONSTRATING POSITIVE SUPPORT FOR ALL PLAYERS, COACHES AND OFFICIALS AT EVERY GAME, PRACTICE OR OTHER YOUTH SPORTS EVENT.

INSIST THAT MY CHILD PLAY IN A SAFE AND HEALTHY ENVIRONMENT.

PLACE THE EMOTIONAL AND PHYSICAL WELL-BEING OF MY CHILD AHEAD OF MY PERSONAL DESIRE TO WIN.

REQUIRE THAT MY CHILD'S COACH BE TRAINED IN THE RESPONSIBILITIES OF BEING A YOUTH SPORTS COACH AND THAT THE COACH UPHOLDS THE CODE OF ETHICS.

SUPPORT COACHES AND OFFICIALS WORKING WITH MY CHILD, IN ORDER TO ENCOURAGE A POSITIVE AND ENJOYABLE EXPERIENCE FOR ALL.

DEMAND A SPORTS ENVIRONMENT FOR MY CHILD THAT IS FREE FROM DRUGS, TOBACCO, AND ALCOHOL AND **REFRAIN** FROM THEIR USE AT ALL YOUTH SPORTS EVENTS.

REMEMBER THE GAME IS FOR YOUTH - NOT ADULTS.

NO SMOKING, NO DRINKING WILL BE TOLERATED.

NO PROFANITY OR ABUSIVE LANGUAGE.

COACHES VERIFICATION SHEET

My signature below indicates that I have read and agree to follow the guidelines set forth by the PACS Athletics Section ***Program Coaches Manual*** and the ***2010 Baseball/Softball Rulebook***.

Coaches Name (printed): _____

Team Name & Age Division: _____

Sport: _____

Association Affiliation/Association President/Leader/Chairman:

Community Center Registered out of: _____

Signature: _____

Date: _____

Email Address: _____

Phone Number: _____